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twice daily of cold cream or liquid albolene. Vaseline or olive oil may be used, but they are much less satisfactory. During the period of desquamation the process is facilitated by rubbing the body with some bland unguent, like olive oil or cocoa butter.

During the acute stage the nose and throat demand attention. In older children a solution of menthol and albolene may be used for the nose by means of an atomizer and in the very young by instillation with a medicine dropper. The throat may be treated by means of a gargle if the child is old enough, otherwise it may be irrigated with hot saline solution at 120° F.

A period of at least three weeks in bed should be insisted upon in even the mildest type of scarlet fever. In mild cases patients have frequently seemed well in a few days and have been permitted to get up. They remained apparently well until the third week, when perhaps the physician was called in to treat a general oedema, and urine examination revealed an acute nephritis.

Any disease that offers little hope from specific treatment demands greater attempts at prophylaxis. With no precise knowledge of its cause and modes of transmission our procedures in this field are uncertain. Certain things that are very helpful can be done. It is important to recognize the mild cases in schools through an efficient medical inspection. A suspected case should always be isolated. There is no specific prophylaxis, though a streptococcus vaccine has been tried. These vaccines have been used but a short time so the amount of immunity obtained is problematical. Diseased tonsils undoubtedly furnish fertile soil for scarlet fever as well as any other infection contracted through the respiratory tract and their removal is advised as a prevention.

CREAMED DISHES FOR THE CONVALESCENT

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Although savory at all times, when properly made, a creamed dish, that is, food dressed with a cream or white sauce, is preëminently intended for the sick and constitutes one of the most appetizing ways of presenting an old friend in a new guise; possibly it is one which has been prescribed during a prolonged illness and the monotony of service has become such that the eye rejects even before the palate has had the opportunity to test its merits. It is at such a time as this that the cream sauce comes to the rescue. Another virtue of the sauce is that its range

is so varied. Indeed, it may almost be said to be without limitation; for it may be used to equal advantage whether with fish, flesh, fowl or vegetables.

In a hospital when, of a necessity, the food is sent to the diet kitchens in bulk and a more or less crude state, it is well worth while for the nurse in charge to acquaint herself with the various personal touches which mean so much when catering for the sick. To bring these to her notice is the main object of the appended suggestions.

However, before passing to the practical uses of the cream sauce, the making of it claims attention, for there are cream sauces and *cream sauces*. The one is like so much bill poster's paste or perhaps runs all over the plate like so much starch water indifferently seasoned; the other, the real cream sauce, the making of which is one of the truest tests of a cook's skill, is as its name indicates of the consistency of heavy cream, the ingredients being thoroughly incorporated, the seasoning so carefully proportioned that there is a hint of each with no one so conspicuous that it destroys the others. This perfection is, of course, the result of attention to minute details. The same care should be exercised in food combinations, especially blendings and seasonings, as the pharmacist uses when filling a prescription. By way of digression, herein lies the secret of the success of the real cook, the *cordon bleu*, to whom nothing, however insignificant, is too much trouble, if it adds even remotely to the success of the dish in course of concoction.

The first essential of a perfect cream sauce is cleanliness. The saucepan, which should be porcelain lined, must be absolutely clean. The least flavor or particle of foreign matter adhering to it will detract from the delicate flavor which is the "life" of the sauce. Only a wooden spoon should be used for blending and stirring. A metal one impairs the flavor.

To make a plain, white sauce, one requires butter, flour and rich, unskimmed milk in the proportion of one ounce of butter and one-half ounce of flour to each pint of milk. These quantities may be increased or diminished, provided always the original proportions are preserved. Season to taste with salt, pepper and a very little powdered mace.

The initial step in the process of sauce-making is blending the ingredients. To do this, stand the saucepan in a larger one containing boiling water, (or use a double boiler); put in the butter and let it melt, but on no account boil, as that will convert it into an indigestible oil that would be a severe tax upon digestive organs already weakened by disease to say nothing of the oily look and taste it will give the sauce which no amount of cooking will dispel. Then add the flour,

a very little at a time, blending thoroughly, and mix to a smooth paste. Gradually add the milk, stirring the while; cover and shake the pan round without stopping, always in the same direction, until the mixture simmers. Stop the shaking and let boil one minute; remove instantly from the fire and season. Serve without delay. Standing after it is made is ruinous to a sauce of this variety.

The changes which may be rung in upon the cream sauce are many. This in the preparation of all food for the sick is one of the main points to observe and put into practice. Monotony is the surest way to destroy a healthy appetite. When the capricious appetite of the sick is in question variety really becomes not the spice of life but rather a life saver.

When the cream sauce is to be used as a dressing for shredded or baked fish, add a few drops of lemon juice just before pouring it over the fish. Then garnish the dish with tiny lemon crescents and one or two sprigs of fresh crisp parsley, attractively disposed, not the stale, dejected garnish which one so often sees doing sentinel duty at each end of a dish. By substituting oyster liquor for one-half the quantity of milk, adding a suspicion of cayenne, a dash of lemon juice, a mere sprinkling of grated nutmeg, two drops of the essence of anchovy, the result is a most delicious sauce which converts the "daily order of chicken," of which the convalescent is tiring, into a culinary delight. Hard boil an egg, then chop the whites very fine, put the yolk through a food ricer; add to a cream sauce and presto! change! an egg sauce, most delicious for fish, is the result.

Creamed sweetbreads and creamed oysters are both most delectable concoctions. They may be combined, half portions of each, with savory results and if not a violation of the patients' prescribed diet, are most attractive served in green, sweet pepper shells. The pepper also imparts its own flavor to the food which is most agreeable to the palate that is craving something out of the usual. So simple a thing as a poached egg served on toast, dressed with cream sauce and garnished with parsley, takes upon itself new culinary virtues to provoke the flagging appetite which revolts at the thought of eating another egg.

When it comes to vegetables the cream sauce is, one is tempted to say, a gift from the gods. Cut the potatoes into small blocks, stew tender in boiling water, taking care to preserve the shape, then drain and shake for a moment in a current of cold air so that surplus moisture will evaporate. Dress with a cream sauce to which a little minced parsley has been added and serve at once. French peas are as dainty as they are delicious when dressed with cream sauce and served in a

dainty china ramequin or a chocolate colored cocote. Spinach, which is so wholesome, may be made most tempting if chopped fine, dressed with a cream sauce and garnished with tiny egg balls made by mincing the yolks of hard boiled eggs, then shaping in nests formed of the chopped whites. The combination of yellow, green and white is very pleasing. Another attractive dish is made by cutting asparagus tips (previously cooked in the can), into inch lengths, dressing with cream sauce and serving in toasted bread cases. Carrots boiled until tender, drained, cut into little blocks, and dressed with cream cauce are very palatable. This vegetable is not as highly appreciated as it should be, the reason mainly, being that it is so seldom served in a palatable form. Creamed celery is another delicate dish for the sick and may often be eaten when the raw celery would be prohibited. Use only the white tender portions. Cut into short pieces and stew tender in boiling salted water. Then drain and dress with the sauce. Lettuce is another vegetable which lends itself admirably to this form of serving. Select the firm head, cut away the outside leaves; then shred and crisp thirty minutes in ice water. Drain in a colander, press gently between the folds of a soft clean cloth. Tie in a square of clean cheese-cloth and cook in boiling water to cover for twenty minutes. Take out and drain. Pour the sauce over it and serve at once. Lettuce being a sedative, this dish becomes of value from more than one view point. Often many of the succulent vegetables, because of the indigestible fibers they contain, must be eliminated from the dietary of the sick, when their salts and other properties would be most valuable. Again it is the cream sauce which the dietitian or the diet kitchen nurse can bring to her practical aid. By cooking the vegetables tender, then draining and pressing through a puree sieve the essence is obtained without the objectionable features. To this pulp add a cream sauce, then dilute with hot milk and a delicious cream soup is the result.

The foregoing are but a few of the numerous possibilities in the way of changes which the resourceful nurse, who appreciates the value of food as a factor in the treatment of diseases, may fall back upon. Happily, this is becoming a prominent feature of the curriculum of our nurses' training schools. For while it is not at all essential that a good cook understand nursing the sick, it is most important that a good nurse have a certain, practical knowledge of cooking.